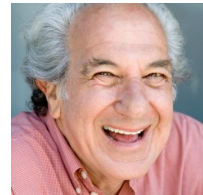




Take Control of Your Chronic Condition with a Self-Management Workshop!

At our self-management workshops, people with ongoing health conditions come together to learn and practice new skills to manage their condition(s). For 6 weeks participants meet once a week for 2.5 hours to talk and problem solve. Our workshops include:

- **Chronic Disease Self-Management (CDSMP)**
- **Diabetes Self-Management (DSMP)**
- **Tomando Control de su Salud (Spanish CDSMP)**



Benefits Many Participants Have Experienced:

- Increased physical activity
- Improvement in symptom management
- Improved communication with physicians
- Improved general health
- Decreased health distress
- Decreased fatigue, disability and social activity limitations

Topeka and Shawnee County Public Library

June 9 through July 14

Mondays from 1 PM to 3:30 PM

For more information: 785-296-1627

Participants will learn how to manage the emotional, physical and social challenges of having a chronic condition. Family members and friends of participants are encouraged to attend the workshop to increase their understanding of the challenges of living with a chronic condition.

For more information and to find a workshop near you, visit www.kdheks.gov/arthritis/kohp.htm or contact Ariel Capes at 785-296-1627.